What is Coronavirus?
Coronavirus is a new illness, like flu

- People with Coronavirus have a fever. This means they feel hot.
- People with Coronavirus have a cough.
- People with Coronavirus can have problems breathing.

You can catch Coronavirus

- by being close to people with the virus.
- by being in places where people who have the virus have been.

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How to reduce the chance of getting Coronavirus

Always wash your hands with soap and water
- When you get home
- Before you cook
- Before you eat
- After using the toilet
- Before leaving home
- When you get to work or college or school
- After doing any sports

Wash your hands before touching
- Your eyes
- Your nose
- Your mouth

Do not share things you put in your mouth
- Cups
- Bottles
- Drinking straws, knives and forks

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If you are feeling ill

• When you cough cover your mouth with a tissue
• When you sneeze cover your mouth with a tissue

• Put the tissue in a bin

• Wash your hands with soap and water

Do not share
• Towels
• Bedding
• Dishes
If you think you have coronavirus, or you live with people who think they have coronavirus

- You must all stay at home
- Stay away from other people as much as possible
- Do this for 14 days

If you feel very ill,
Or
If you still feel ill after 7 days,
Call 111

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Coronavirus is not serious for everyone

People can get better by:

• Having Rest

• Taking tablets for pain – if told

• Drinking plenty of water

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Finding More Information

You can find daily updates

- phw.nhs.wales/Coronavirus
- you might need someone to help you read the information